



TEXAS DEPARTMENT OF HEALTH
AUSTIN TEXAS
INTER-OFFICE

#03-082

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Barbara Keir, Director (Original Signed)
Division of Public Health Nutrition and Education
Bureau of Nutrition Services

DATE: August 1, 2003

SUBJECT: New Revised Nutrition Education Pamphlet, stock no.13-66

The pamphlet *Food for You Now That Your Baby Is Here!* has been revised and is now entitled *Healthy Moms for Healthy Babies*. The pamphlet has information on eating well, weight loss, physical activity, sleep and postpartum depression. It is available in English (13-66), Spanish (13-66a) and Vietnamese (13-66v). To order the English and Spanish versions, please use the AG-30 Order Form and fax to TDH Warehouse, at (512) 458-7413. To order the Vietnamese version, please use the Texas WIC Materials Order Form and fax to Publications Coordinator, at (512) 458-7446.

If you have questions or require additional information, please contact Elaine Goodson, Special Projects Nutritionist, at (512) 458-7111, extension 3467, or elaine.goodson@tdh.state.tx.us, or Mary Van Eck, Manager, Nutrition Education, Breastfeeding and Outreach, at (512) 458-7111, extension 3484.